



Mother's Day Weekend Walk 'n Talk

Come take a walk
with your local
healthcare providers

Stratford Sea Wall
53 Beach Drive
Stratford, CT

Saturday, May 13th
9:30 - 11:00 a.m.

This walk allows mothers to make *the **healthy choice the easy choice*** by increasing their physical activity while talking to **doctors specializing in women's health!**

The walk is open to women of all ages and activity levels. Feel free to bring kids, dogs, and families, the more the merrier!

On walk day, please arrive at the Sea Wall at **9:15 a.m.** Our Mother's Day Walk 'n Talk is rain or shine, so have that umbrella on hand! Snacks and beverages will be provided. Door prizes too!

Register for this event at <https://mothersdaywalktalk.eventbrite.com>



For more information, contact Kelley Meier at (203) 385-4090 or kmeier@townofstratford.com